



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01031, Cheese, neufchatel

Report Date: June 22, 2017 11:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	63.11	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Energy	kcal	253	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Energy	kJ	1059	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Protein ¹	g	9.15	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Total lipid (fat) ¹	g	22.78	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Ash ¹	g	1.37	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Carbohydrate, by difference	g	3.59	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total ¹	g	3.19	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Sucrose ¹	g	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Fructose ¹	g	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Lactose ¹	g	3.19	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Maltose ¹	g	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Galactose ¹	g	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Starch ¹	g	0.50	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Minerals													
Calcium, Ca ¹	mg	117	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Iron, Fe ¹	mg	0.13	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Magnesium, Mg ¹	mg	10	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Phosphorus, P ¹	mg	138	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	152	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Sodium, Na 1	mg	334	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Zinc, Zn 1	mg	0.82	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Copper, Cu 1	mg	0.027	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Manganese, Mn 1	mg	0.011	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Selenium, Se	µg	3.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Thiamin 1	mg	0.022	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Riboflavin 1	mg	0.155	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Niacin 1	mg	0.210	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.575	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin B-6	mg	0.041	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total ¹	μg	14	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Folate, DFE	μg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Vitamin B-12 ¹	μg	0.30	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin A, RAE	μg	241	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Retinol	μg	239	--	--	--	--	--	--	--	--	Calculated or imputed	01017	06/2008
Carotene, beta ¹	μg	27	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Carotene, alpha ¹	μg	0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Cryptoxanthin, beta ¹	μg	0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	841	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Lycopene 1	µg	0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin E (alpha-tocopherol) 1	mg	0.40	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Tocopherol, beta 1	mg	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Tocopherol, gamma 1	mg	0.03	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Tocopherol, delta 1	mg	0.00	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin K (phylloquinone) 1	µg	1.7	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Lipids													
Fatty acids, total saturated	g	12.790	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
4:0	g	0.609	--	0.067	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.210	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0 1	g	0.242	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 1	g	0.548	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
12:0 1	g	0.607	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
14:0 1	g	2.025	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
15:0 1	g	0.209	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
16:0 1	g	5.633	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
17:0 1	g	0.119	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:0 1	g	2.555	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:0 1	g	0.033	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
22:0 1	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Fatty acids, total monounsaturated	g	5.784	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 1	g	0.161	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
15:1 1	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
16:1 undifferentiated 1	g	0.297	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
17:1 1	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:1 undifferentiated 1	g	5.326	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:1 1	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Fatty acids, total polyunsaturated	g	0.970	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
18:2 undifferentiated 1	g	0.696	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:3 undifferentiated 1	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
18:3 n-3 c,c,c (ALA) 1	g	0.117	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c ¹	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:4 undifferentiated ¹	g	0.039	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Cholesterol ¹	mg	74	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Amino Acids													
Tryptophan ¹	g	0.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Threonine ¹	g	0.359	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Isoleucine ¹	g	0.501	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Leucine ¹	g	1.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Lysine ¹	g	0.875	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine 1	g	0.294	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Cystine 1	g	0.064	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Phenylalanine 1	g	0.448	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Tyrosine 1	g	0.468	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Valine 1	g	0.609	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Arginine 1	g	0.363	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Histidine 1	g	0.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Alanine 1	g	0.283	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Aspartic acid 1	g	0.794	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Glutamic acid 1	g	2.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine ¹	g	0.218	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Proline ¹	g	1.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Serine ¹	g	0.577	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Hydroxyproline ¹	g	0.000	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD